

Abstract

A computer-implemented method and system for integrating video data with a document object that includes document elements. The video data is synchronized with at least one of the document elements so as to form at least one synchronization association. The synchronization association interrelates an activity of the video data with an activity of the document object. A synchronization file is generated that includes the synchronization association. The synchronization file is associated with the video data so that the activity involving the video data appears on a computer-human display as integrated with the document object.